

Gowdy Mountain Bike Racing Camp  
June 11-15, 2018

\*Please let us know if you do not have any of the required items.

**Required**

- helmet
- bike (ideally your bike should be in good working order, we will have a mechanics stand, tools and bike mechanic on hand)
- body protection (knee guards, elbow pads, etc.) - these will be available from the camp if you do not own your own
- closed-toe shoes for cycling (no sandals allowed for cycling)
- sun glasses (eye protection)
- biking gloves
- chest strap heart rate monitor
- bike repair equipment (tube, pump, patch kit, basic tools, etc.)
- sleeping bag
- pillow
- clothes for 3 and/or 6 days (rain gear; warm and cold weather clothing)
- heavy duty shoes or boots (for hiking and playing on the rocks)
- jacket (multiple layers)
- towel and wash cloth
- toiletries
- daily medicine, inhalers, etc., whatever you normally take or need on a daily basis
- a way to carry water while riding (water bottle, camelback, etc.)
- a small backpack or fanny pack (way to carry snacks, tools, spare clothing, etc.)
- sun screen
- POSITIVE "HAVE FUN" ATTITUDE

**Recommended**

- sleeping pad (boys for Stone Temple should bring pads)
- cycling gear (non-cotton jersey, cycling shorts, windbreaker, etc.)
- swimming suit/water shoes
- flashlight, headlamp
- favorite game, deck of cards
- yoga or similar exercise mat (if you own one)